



Course: Basic Water Rescue

Purpose

To provide individuals with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. To prepare individuals for aquatic emergencies by teaching them how to protect themselves while assisting others.

Prerequisites

None. Since there is an in-water skill session, it is recommended that participants are comfortable in chest deep water.

Learning Objectives

- ⌚ Learn to recognize, respond and prevent aquatic emergencies.
- ⌚ Recognize the common hazards associated with swimming pools and explain how to eliminate or minimize such hazards.
- ⌚ Recognize the characteristics of someone who needs help in the water.
- ⌚ Understand and perform self-rescue skills for aquatic emergencies.
- ⌚ Provide assistance to others using nonswimming rescues.
- ⌚ Perform proper techniques for possible head, neck or back injuries.

Length

4 hours

4 hours, 20 minutes with optional video

Instructor

A currently authorized American Red Cross Lifeguarding or Water Safety instructor.

Certification Requirements

- ⌚ Attend all class sessions.
- ⌚ Demonstrate competency in each skill taught in the course.
- ⌚ Correctly answer at least 80 percent of the questions on the final written exam.

Certificate Issued and Validity Period

Basic Water Rescue: 3 years

Participant Materials

American Red Cross Basic Water Rescue Reference Guide (Recommended, but not required. Available from the St. Louis Chapter)

OR

American Red Cross Swimming and Water Safety Manual (Stock No. 651300)
(Recommended, but not required)